



National Alcohol and Drug Addiction Recovery Month



September is National Alcohol and Drug Addiction Recovery Month. Now is a perfect time to focus on action step #1 from the Top Nine list: **Host an INFLUENCE Women's Health Forum in your community and**

invite local women of INFLUENCE to join together in fighting the challenge of addiction.

Even though it may not be feasible to host a local forum this month, Recovery Month is the perfect time to start planning for the future. To assist you in completing this action item, the Office of Women's Health will be providing:

- An [online toolkit](#) to assist in planning and executing a local INFLUENCE forum (the toolkit is still under development so check back often for updates).
- Mini-grants to assist with funding local community forums. More information on the mini-grants and the application will be available soon on the [INFLUENCE Web site](#).

Here are some additional suggestions for ways to take action during National Alcohol and Drug Addiction Recovery Month:

- **If you are a businesswoman or employer**, collaborate with your human resources department to host a seminar highlighting resources available to employees



or family members in need of treatment or recovery support. If resources are lacking, use your influence to advocate for their creation.

- **If you are a faith leader**, reach out to your congregation during Recovery Month to educate about mental health and addictions and any support groups or services your community provides.
- **If you are a media representative**, promote key messages about mental health, addiction, and recovery through news broadcasts, public service announcements, interviews with public health and substance abuse treatment professionals, and profiles of those who have been successful in overcoming addiction.
- **If you are an educator or a parent**, talk to your students/children about the dangers of drug use and warning signs of addiction and let them know where to seek help for themselves or a friend if needed.
- Write an op-ed or a letter to the editor of your local paper voicing your support for addiction prevention and treatment services (see the SAMHSA toolkit for a sample op-ed).
- Lend your support to Indiana Recovery Month events and initiatives (see the events calendar below).



Click here to access [SAMSHA's 2008 Recovery Month Toolkit](#). This comprehensive resource will provide you with many ideas and tools to use your influence to advocate for addiction prevention and treatment this month.

As a woman of influence, you have the power to do something this month! Start planning your local INFLuence forum, complete one of the suggestions above, or use your creativity to come up with your own ideas for making an impact during Recovery Month. And don't forget to share your successes with us!

INForm Us

1. Do you plan to host a local INFLuence forum focusing on mental health and addiction in women this year?

- ☐ Yes
☐ No
☐ Maybe



2. Do you plan to collaborate with another individual or organization to host your local INFLuence forum?

- ☐ Yes
☐ No
☐ I would like to collaborate, but do not know who works on these issues in my community

3. If so, please indicate with whom you plan to collaborate.

4. Please indicate the county in which you live or work.

5. Please indicate what support and resources you would need from the Office of Women's Health to assist in planning your local INFLuence forum.

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

Indiana Addiction Issues Coalition



During the month of September, the Indiana Addictions Issues Coalition (IAIC) will join with area treatment facilities to promote a message of hope- that recovery from addiction is possible. A public service announcement will air numerous times throughout central Indiana on WTHR TV. In addition, the NBC affiliate will provide a page on their web site specifically devoted to recovery month activities. If you believe in IAIC's mission, which is to change attitudes, beliefs and minds about addiction and recovery in Indiana, your support is needed. For more information, contact the IAIC Director at 317-638-3501 x231 or jmatheny@mhai.net or log on http://www.mhai.net/Form_IAIC.htm.

Indiana Addiction Recovery Month Calendar



August 30 - [Indiana Addiction Issues Coalition's Recovery Month Kickoff Cookout](#), Brookside Park, Indianapolis, 1:00-5:00

September 2 - Youth Use of Prescription and Over-the-Counter Drugs Presentation, Community Addiction Services, Indianapolis, 12:00 pm

September 3 - Understanding Addiction Lecture, Midtown Mental Health Center, Indianapolis, 3:00 pm

September 10 - Recovery Takes Flight 2008, Lawrenceburg, Evansville,

Richmond, Charlestown, and Indianapolis, 12:00-1:00. Click [here](#) for details about each location's event.

September 13 - [Freebirds Family Reunion](#), Terre Haute, 4:00

September 13 - Women's Expo: Mind, Body, & Spirit, Shelbyville, 9:30-2:30

September 17 - Interventions and Women, Pregnancy and Substance Abuse, Tara Treatment Center, Franklin, 9:00

September 17 - Opiate Abuse, Midtown Mental Health Center, Indianapolis, 3:30

September 18 - [Noble County Voices of Recovery Dinner](#), Kendallville, 6:00-8:00

September 19-20 - [5th Annual Dove House Dry Run Weekend](#), Clermont



September 27 - Dearborn County Citizens Against Substance Abuse 5 K Road to Recovery Run/Walk, Lawrenceburg, 9:00-12:00

September 27 - [Indiana Addictions Issues Coalition Recovery Advocate Workshop](#), Fairbanks, Indianapolis, 11:00-2:00

September 27 - [Indiana Addictions Issues Coalition Recovery Ride 2008](#), Indiana State Capitol, Indianapolis, 8:00

Top 9 List - Volume II

Now that you are armed with knowledge about mental health and addictions, here is a list of 9 action steps you can take to make a difference in the health of Hoosier women:

1. **Host an INFLuence Women's Health Forum in your community and invite local women of INFLuence to join together in fighting the challenge of addiction. An online toolkit will be available to assist you at www.influence.in.gov.**
2. Support legislative efforts that promote prevention and addiction treatment.
3. Recognize addiction to tobacco, alcohol, and other drugs as a public

health disease and understand the connection between mental illness and substance abuse. Support Integrated Dual Diagnosis Treatment. A toolkit is available at www.samhsa.gov.

4. Learn to recognize the warning signs of addiction. If you know someone with an addiction, encourage them to contact the Indiana Tobacco Quit Line: 1-800-QUIT-NOW or the Federal Addictions Hotline: 1-800-662-HELP. If you are a health care provider, assess the signs and symptoms of addiction and refer your patients for help.
5. Empower youth to take action against addiction and encourage them to get involved at www.Voice.tv and www.indianasadd.org.
6. Support policies and practices that promote responsible alcohol consumption in all venues. Discourage binge drinking, identify designated drivers, host alcohol-free work and social functions, and never provide alcohol to minors.
7. Talk to your children and other youth about the dangers of alcohol use and abusing prescription and over-the-counter drugs. Educate yourself at www.theantidrug.com and www.timetotalk.org.
8. Assess current policies and resources available in your workplace that aid in dealing with and overcoming addictions. Use your influence to improve these policies and expand resources.
9. Contact 9 women you know, share the information you learned at the forum and ask them to complete the "Top 9 List" as well!

Thank you for taking action that will protect Hoosier women, their families, and generations to come from the devastating effects of addiction.

"Over the course of my career, I have seen the health of people from all walks of life severely affected by the sadness and pain of addiction to drugs, alcohol, and tobacco. Addiction destroys lives, shatters families and threatens the safety of our neighborhoods. We must work together to promote prevention efforts and create better access to treatment. As your state health commissioner, I ask that you make a personal commitment to once again use your influence and fight the challenge of addiction that causes suffering in so many lives."

For a Healthier Tomorrow,

Judy Monroe, MD
State Health Commissioner

 FORWARD TO
A FRIEND